



35. Alteburglauf
Arnstadt / 03.05.2013

Detailed evaluation

Dehmel, Gerhard

Club: ThWV Ilmenau
Number: 260

Course: 10.00 km
Hauptlauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 53:25

Speed: 11.23 km/h
Running performance: 5:20 min/km

Rank in course/Total: 87 (of 114)

Rank in course/Men: 77 (of 95)

Best time in course: 36:06

Rank in category: 1(of 2)

Best time in the category: 53:25

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	2.30	11:18	4:54	1	-	75	3:32	2.30	11:18	4:54	1	-	47	0:33
Lap 2	3.80	22:09	5:49	1	-	80	7:31	6.10	33:27	5:29	1	-	47	2:44
Last lap Finish	3.90	19:58	5:07	1	-	79	6:36	10.00	53:25	5:20	1	-	77	17:19